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## Meeting Notes

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Local Wellness Policy Steering Committee Meeting  
April 5, 2011  
5:30-7 p.m.  
DCPS Central Office

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### Overview:

DCPS is beginning the process to revise and update the DCPS Local Wellness Policy (LWP), bringing it into alignment with the Healthy Schools Act and new federal requirements. This was the first meeting of a Steering Committee of community experts and staff to develop recommendations to revise this policy.

**Attendance:** 12 community experts, ten DCPS Central Office staff, five government agency staff

### Notes:

Issue	Comments
Purpose, goals and expectations of Steering Committee	To revise Local Wellness Policy with stakeholder and community engagement in order to align it with federal requirements and the DC Healthy Schools Act.
Review of Progress	<b>Health and Physical Education:</b> <ul style="list-style-type: none"><li>• Ramping up programs thanks to PEP grant</li><li>• SPARK PE</li><li>• Increased PD for teachers</li><li>• Increased amounts of equipment in schools</li><li>• More technology usage in PE</li><li>• 98% of ES have PE for 45 min/wk</li><li>• Resource guides for teachers (including health and PE pacing guides, sample activities, etc)</li><li>• Focusing on best practices on the PD days</li><li>• National experts presenting to teachers</li><li>• web-based fitness assessment (FITNESSGRAM 9)</li><li>• HOPSports for HS (supplements PE activities)</li></ul>

	<p><b>Out-of-School Time Nutrition and Physical Activities Opportunities:</b></p> <ul style="list-style-type: none"> <li>• Full supper at all after school programs</li> <li>• Health/wellness workshops for parents at 4 MS</li> <li>• Wide variety of physical activities in after school/summer school programs</li> </ul> <p><b>Food and Nutrition Services:</b></p> <ul style="list-style-type: none"> <li>• Still ensuring everyone who qualifies has access to free and reduced price meals</li> <li>• Breakfast in the classroom</li> <li>• Meals meet Healthier US Schools gold standard</li> <li>• Nutrition education is provided to schools that request it</li> <li>• Working to get schools in compliance with their competitive foods</li> </ul> <p><b>Environmental Sustainability:</b></p> <ul style="list-style-type: none"> <li>• Decreasing disposables!</li> <li>• Pilots in 7 schools with bio-degradable/recyclable materials</li> <li>• Modernized schools will have dish-washers</li> <li>• Work towards composting</li> <li>• OPEFM is gearing up on recycling programs</li> <li>• LEED certified schools!</li> </ul> <p><b>Locally Grown/Sustainable Agriculture Practices:</b></p> <ul style="list-style-type: none"> <li>• Provide more local foods in meals now (25% of foods in meals have to be locally grown/produced)</li> </ul> <p><b>Community Promotion of LWP:</b></p> <ul style="list-style-type: none"> <li>• Will use this committee to determine ways to engage community and promote LWP in the community</li> </ul> <p><b>Evaluation:</b></p> <ul style="list-style-type: none"> <li>• Hope to use evaluation tools that are already in existence to monitor and evaluate the LWP implementation in schools</li> </ul>
Think/Pair/Share and Gallery Walk	<p>For each subtopic, steering committee members worked individually and then in pairs to indicate what we have and what's missing according to the federal guidelines:</p> <p><b>FOOD/NUTRITION SERVICES</b></p> <p>What we have:</p> <ul style="list-style-type: none"> <li>• Food used in school meal production includes a minimum of 20% of locally grown products</li> </ul>

	<ul style="list-style-type: none"> <li>• DCPS meals will not contain high fructose corn syrup or trans fats</li> <li>• School meals will meet the Healthier US School Challenge Gold Level</li> <li>• More delicious, wholesome foods on school cafeteria trays</li> <li>• Meet guidelines on competitive foods</li> <li>• Breakfast, snacks/supper, lunch, summer meals on par with HUSSC</li> <li>• Chartwells/Revolution Foods partner to provide quality foods</li> <li>• Standards for menu criteria</li> <li>• Breakfast in the classroom for ES, grab and go for MS/HS</li> <li>• Supper programs after school</li> </ul> <p>What's missing:</p> <ul style="list-style-type: none"> <li>• No foods in which sugar is 1<sup>st</sup> or 2<sup>nd</sup> ingredient</li> <li>• Encourage fresh foods as rewards</li> <li>• Discourage donuts, cookies, other treats</li> <li>• Wide spread student acceptance</li> <li>• Parent and community engagement</li> <li>• System-wide student and community engagement</li> <li>• Strategic plan for cooking food from scratch in DCPS</li> <li>• Teacher standards for food brought into school and eaten in front of students</li> <li>• Food policy promotion</li> <li>• More role models in schools working with kids around food and nutrition issues</li> <li>• Federal regulation: best practices and technical assistance</li> <li>• Training for teachers</li> <li>• Remove flavored milk and sugary cereals and branded treats</li> <li>• Bring back home economics as a class and incorporate healthy cooking (maybe involve students in cooking healthy school lunch)</li> <li>• Free breakfast→training for teachers on component requirements</li> <li>• Need stronger statement on dangers of sugar/refined carbs</li> <li>• Clearly communicated, bulleted one page attachment/PDF that can be shared with Principals and food service managers quarterly as a reminder of nutrition requirements</li> <li>• More information/transparency from nutrition services</li> <li>• Enforcing and ensuring compliance of menu criteria</li> <li>• Enforcing nutrition education</li> </ul>
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	<p><b>COMMUNITY PROMOTION</b></p> <p>What we have:</p> <ul style="list-style-type: none"> <li>• Policies and programs</li> <li>• Non governmental organizations complementing existing programs</li> <li>• Portal</li> <li>• HSA requires school health profiles and OSSE has this posted for the community</li> </ul> <p>What's missing:</p> <ul style="list-style-type: none"> <li>• Awareness for parents, students and community awareness</li> <li>• Increase community partners to YMCAs, Boys and Girls clubs, libraries (integrate into promotion efforts)</li> <li>• Parent and student interest</li> <li>• Awareness</li> <li>• Engage parents in community</li> <li>• Share LWP in layman's terms</li> <li>• Share with principals during principals academy/meetings</li> <li>• Monthly meetings</li> <li>• Website listing what's new</li> <li>• Student/parent cook-off</li> <li>• Bring in local chef, yoga instructor, etc to monthly meeting</li> <li>• Clear message about school wellness so a messaging campaign that shows how LWP, HSA, etc all relate to student wellness and what it means to students, staff, parents, community members</li> <li>• Include recreation center programming in plans for implementation</li> <li>• School liaisons/wellness coaches/coordinators</li> <li>• School point people to implement this</li> <li>• Need parents in the cafeteria to engage students</li> <li>• Student input</li> <li>• Link school principals/PE teachers with recreation staff to implement programs</li> </ul> <p><b>OST NUTRITION/PHYSICAL ACTIVITY</b></p> <p>What we have:</p> <ul style="list-style-type: none"> <li>• Free breakfast program</li> <li>• Supper</li> <li>• SPARK</li> <li>• Summer food program</li> </ul>
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	<p>What's missing:</p> <ul style="list-style-type: none"> <li>• More robust summer program</li> <li>• Engaged parents</li> <li>• Cooking clubs at schools</li> <li>• Emphasis on daily, easy, healthy activities</li> <li>• Walking/biking/scooter to and from school</li> </ul> <p><b>EVALUATION</b></p> <p>What we have:</p> <ul style="list-style-type: none"> <li>• FITNESSGRAM 9</li> <li>• PCFT equivalent</li> <li>• Data collected by CSS</li> <li>• Office of Data and Accountability</li> <li>• Model created in HSA for school profiles—can we link to that?</li> <li>• Participation data (food services)—demographic data</li> </ul> <p>What's missing:</p> <ul style="list-style-type: none"> <li>• Baseline measurements</li> <li>• Anthropometric data</li> <li>• Outreach campaign</li> <li>• Promotion of evaluation/outcomes to community</li> <li>• School by school accountability and measurement of wellness policy execution</li> <li>• Kids rating food by encouraging conversations at lunch time</li> <li>• Studies of consumption/studies about how to shift student behavior</li> <li>• Public recognition of schools' execution of wellness policy</li> <li>• Connect with recreation center site directors/managers in order to reach the community and determine if message is being delivered</li> </ul> <p><b>HEALTH AND PHYSICAL EDUCATION</b></p> <p>What we have:</p> <ul style="list-style-type: none"> <li>• Physical activity will not be used as punishment nor will withholding opportunities for physical activity</li> <li>• Recess required daily (20 mins)</li> </ul> <p>What's missing:</p> <ul style="list-style-type: none"> <li>• 5 days per week gym</li> <li>• Physical activity to reach 60 min/day</li> <li>• Recess time can be used to implement nutritional programming as well as</li> </ul>
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	<p>physical activity</p> <ul style="list-style-type: none"> <li>• Incorporation in subjects other than PE like math and English</li> <li>• Enforce recess everyday</li> <li>• Guidelines/reqs for incorporating health/PE/nutrition into other core areas (or at least more intensive training given to teachers about this)</li> <li>• 90 minutes per week minimum</li> <li>• Community use of facilities like gym, fields, fitness room</li> <li>• Incorporating health content in regular school day i.e. math/ELA class</li> <li>• Plan to implement PE minutes over 5 years to meet (and be successful) HSA requirements</li> <li>• Strong policy encouraging walking and biking to school</li> <li>• Do not prohibit kids from walking to school</li> <li>• Citywide health/physical activities night</li> <li>• Standardized health assessments for 5<sup>th</sup>, 8<sup>th</sup> and 10<sup>th</sup> grades</li> <li>• Alternative physical activity (yoga/pilates)</li> <li>• Dance competition program for ES (like in NYC)</li> <li>• Non-traditional sports opportunities at all schools (not just basketball and football)</li> </ul> <p><b>LOCALLY GROWN/SUSTAINABLE AGRICULTURAL PRACTICES</b></p> <p>What we have:</p> <ul style="list-style-type: none"> <li>• Farm to school initiatives</li> </ul> <p>What's missing:</p> <ul style="list-style-type: none"> <li>• Link with recreation community and youth gardens to teach nutrition, science, language arts, etc</li> <li>• Enough space locally to grow food</li> <li>• Systems-level local food capacity building</li> <li>• Grower/school adoption/education</li> <li>• Local food system/farmers growing specifically for DCPS</li> <li>• Grower engagement and education</li> <li>• Definitions in easy-to-understand terms</li> <li>• As part of science—school gardens</li> </ul> <p><b>ENVIRONMENTAL SUSTAINABILITY</b></p> <p>What do we have?</p> <ul style="list-style-type: none"> <li>• School gardens, community gardens,</li> </ul>
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	<ul style="list-style-type: none"> <li>• Innovative teachers and community groups doing food and garden education</li> <li>• Schools changing towards use of more bio degradable and recyclable silver-ware, plates, trays as well as reusable plates</li> <li>• Composting</li> </ul> <p>What's missing:</p> <ul style="list-style-type: none"> <li>• A definition (of what environmental sustainability means, particular to schools)</li> <li>• Funding</li> <li>• Comprehensive, district-wide composting program</li> <li>• Comprehensive district-wide recycling program</li> <li>• Composting leftovers then used in school gardens</li> <li>• Clear integration of all waste-producing aspects of a school into a plan for sustainability so all stakeholders are involved in plan (office, food service, any other large operations within school that produce waste) so the plan is adopted by <u>all</u></li> <li>• Fully functional kitchens with actual cooking and trained school cooks (maybe not every element of every meal, but some)</li> <li>• School garden/food education in DCPS curriculum standards</li> </ul>
Subcommittee Breakout	<p>Committee members broke into subcommittees aligned with each key area of work, and began to develop recommendations for each area, indicating the minimum requirements according to the law, what DCPS is doing to meet those requirements, and what else should be included. Committee members used the gallery walk notes as initial guidance. These notes will be posted online to allow for further comments.</p>
Next Steps	<p>Next meeting of Local Wellness Policy Steering Committee is <b>Tuesday, May 3 at 5:30pm.</b></p> <p>View and edit each subcommittee's action plan at the following links (google doc format):</p> <p>Sustainability/agriculture:  <a href="https://docs.google.com/a/dc.gov/document/d/1m1Y5h5sP5RoIUSx9wwWNw0W012ps3XYO89GdpKPCuPg/edit?hl=en&amp;authkey=CNGb20s#">https://docs.google.com/a/dc.gov/document/d/1m1Y5h5sP5RoIUSx9wwWNw0W012ps3XYO89GdpKPCuPg/edit?hl=en&amp;authkey=CNGb20s#</a></p> <p>OST Nutrition and Physical Activity:  <a href="https://docs.google.com/a/dc.gov/document/d/16MXAOZzdfelrwtkxvUTRWmXrllzlvU48W1Ya_5fDxsw/edit?hl=en&amp;authkey=CNKS6M8O#">https://docs.google.com/a/dc.gov/document/d/16MXAOZzdfelrwtkxvUTRWmXrllzlvU48W1Ya_5fDxsw/edit?hl=en&amp;authkey=CNKS6M8O#</a></p>

	<p>Community Promotion of the LWP:  <a href="https://docs.google.com/a/dc.gov/document/d/136EUYoJPhajfXB8V7qzxo913LfIXEbNRfoRw0fXw-B8/edit?hl=en&amp;authkey=CKi9xL0E#">https://docs.google.com/a/dc.gov/document/d/136EUYoJPhajfXB8V7qzxo913LfIXEbNRfoRw0fXw-B8/edit?hl=en&amp;authkey=CKi9xL0E#</a></p> <p>Evaluation:  <a href="https://docs.google.com/a/dc.gov/document/d/1tJWFMfsp7zMs8Y1NI1xE_JcjlBxXm9sNxgLxIsGpIfE/edit?hl=en&amp;authkey=CLGq8c0O#">https://docs.google.com/a/dc.gov/document/d/1tJWFMfsp7zMs8Y1NI1xE_JcjlBxXm9sNxgLxIsGpIfE/edit?hl=en&amp;authkey=CLGq8c0O#</a></p> <p>Health and Physical Education:  <a href="https://docs.google.com/a/dc.gov/document/d/1qMC-qc7KgZEsy_yaNVoazCFn9T-q5hwPQN4uylkbn7o/edit?hl=en&amp;authkey=CNLP6b0J#">https://docs.google.com/a/dc.gov/document/d/1qMC-qc7KgZEsy_yaNVoazCFn9T-q5hwPQN4uylkbn7o/edit?hl=en&amp;authkey=CNLP6b0J#</a></p> <p>Participation on the Steering Committee will require a monthly meeting commitment in the coming months to develop the plan, and a quarterly meeting commitment after that to monitor implementation. Additional feedback between meetings can be provided via email, sent to <a href="mailto:kate.fahje@dc.gov">kate.fahje@dc.gov</a>.</p> <p>For more information contact Kate Fahje at <a href="mailto:kate.fahje@dc.gov">kate.fahje@dc.gov</a>.</p>
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